

Special Edition

LOW CALORIE RECIPES,
FAMILY STYLE; PART 2



***about LOW CALORIE RECIPES, FAMILY
STYLE; PART 2 ...***

Each recipe in this section has been counted in kilojoules, in accordance with the metric system. However, if you're used to counting in calories, simply divide the number of kilojoules by four; the answer will be in calories.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

SPECIAL EDITION

LOW CALORIE RECIPES, FAMILY SIZE: (PART 2)

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THE WAY TO REDUCE

If you have put on surplus weight, it is better to take it off slowly and surely, rather than go on a crash diet. Your eating habits will have to change if you want to get slim and stay slim.

If you go on a diet, you're doing it because you want to; nobody is forcing you, only your pride. So, having decided to diet, have the courage to stick to it.

Go without sugar in your tea or coffee; you'll hate it for a week, but after that time, your taste will have adjusted to reject sweetening. Don't have a double sandwich. Instead, choose open-faced sandwiches — with crisp salad vegetables piled on a thin slice of wholemeal bread or toast; it doesn't need buttering.

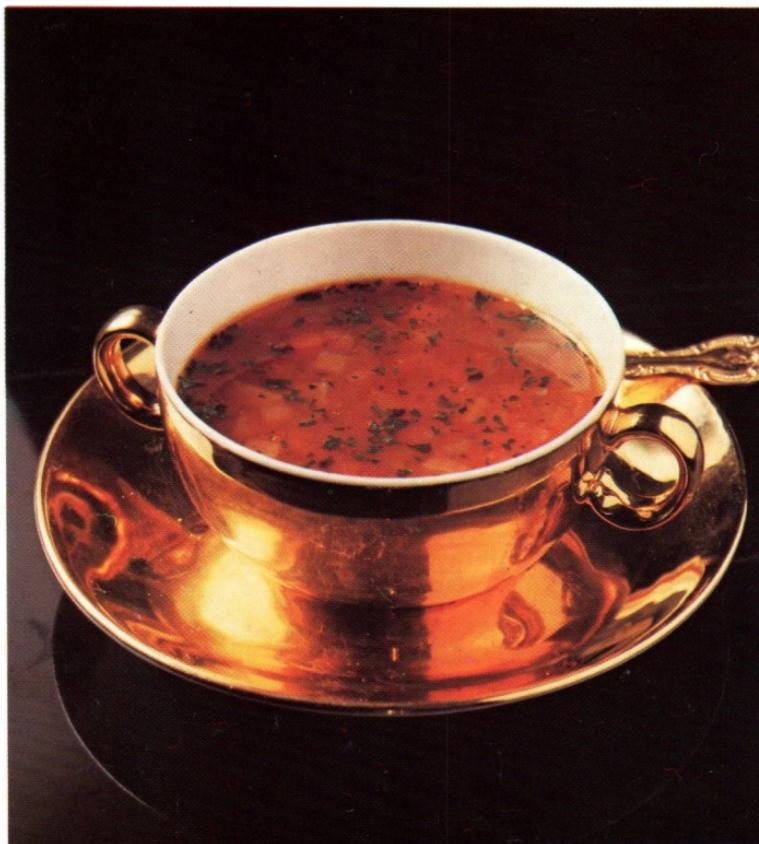
Learn to say "no" to the foods that add weight; say "no" to cake and biscuits, "no" to second helpings. Don't eat snacks between meals; if you're hungry, chew on carrot or celery sticks. Don't drink; yes, it's difficult, but alcohol piles on weight. Make yourself a non-alcoholic Bloody Mary: tomato juice, tabasco, salt and pepper (you won't miss the vodka!).

Now, best wishes for a new, slim you!

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HEARTY VEGETABLE SOUP



HEARTY VEGETABLE SOUP

30 g (1 oz.) butter

2 large carrots

2 large onions

2 sticks celery

1 parsnip

4 cups chicken stock (or water
and 4 chicken stock cubes)

470 g (15 oz.) can tomato juice

salt, pepper

1 teaspoon basil

2 tablespoons chopped parsley

Heat butter in pan, add peeled and finely chopped carrots, peeled and finely chopped onions, finely chopped celery and peeled and finely chopped parsnip. Saute gently until onions are golden brown. Add chicken stock, tomato juice, salt, pepper and basil. Bring to boil, reduce heat, simmer, covered, 45 minutes. Just before serving, add parsley.

Serves 4.

Approx. 360 kJ per serve.

ONION SOUP WITH WINE

1 large onion

30 g (1 oz.) butter

430 g can beef consomme

½ cup water

1 teaspoon lemon juice

1 tablespoon tomato paste
few drops tabasco sauce

¼ cup dry red wine

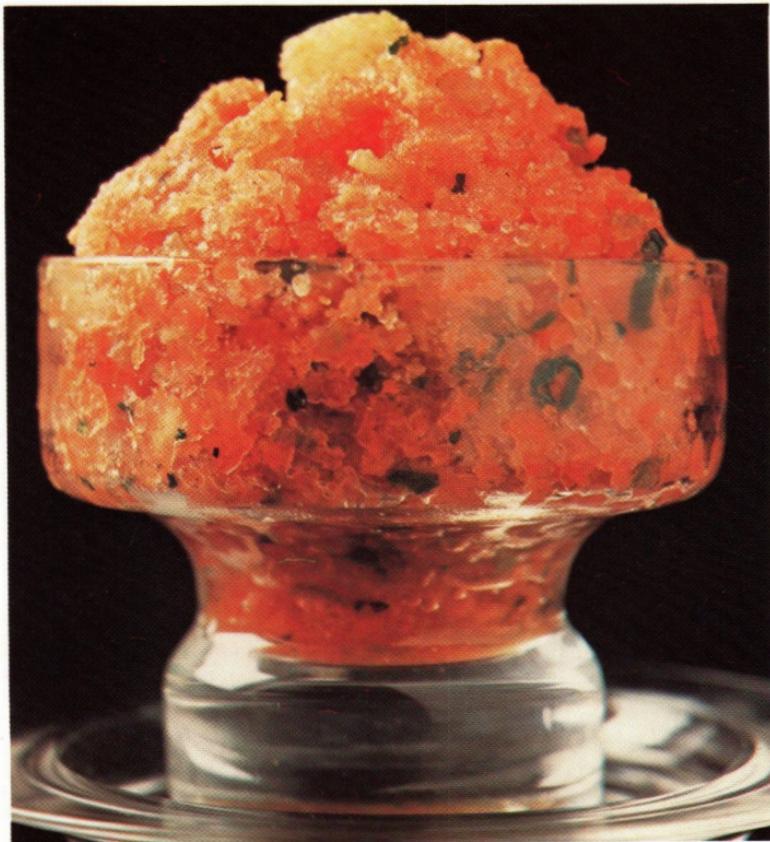
1 tablespoon chopped parsley

Peel onion, slice finely. Heat butter in pan, add onion slices, cook gently until onion is lightly golden. Add all remaining ingredients, except parsley, stir until boiling; reduce heat, simmer covered 10 minutes, stir in parsley.

Serves 2.

Approx. 730 kJ per serve.

TOMATO SORBET



TOMATO SORBET

500 g (1 lb.) tomatoes	1 small clove garlic
400 g can whole tomatoes	salt
2 shallots	1 small cucumber
1 stick celery	parsley

Peel tomatoes, chop roughly, place in blender. Add undrained can of whole tomatoes. Blend on medium speed 1 minute. Push tomatoes through wire sieve, discard seeds. Return tomato puree to blender. Finely chop shallots and celery; add half the chopped shallots and celery to blender, blend on medium speed 1 minute. Pour mixture into freezer tray, stir in crushed garlic, remaining chopped shallots and celery. Season with salt, freeze. When ready to serve, remove from freezer 10 minutes beforehand. Run fork across ice so the it flakes and separates. Peel cucumber, cut in half lengthways, then in half again. Chop into 5 mm ($\frac{1}{4}$ in.) cubes. Just before serving, fold cucumber through sorbet. Fork into individual glasses. Decorate with chopped parsley.

Serves 4.

Approx. 240 kJ per serve.

STUFFED MUSHROOMS



STUFFED MUSHROOMS

500 g (1 lb.) medium sized mushrooms	1/4 teaspoon oregano
1 onion	1/2 teaspoon prepared mustard
90 g (3 oz.) ham	30 g (1 oz.) butter
2 tablespoons fresh white breadcrumbs	30 g (1 oz.) cottage cheese
1/4 teaspoon basil	salt, pepper

Choose mushrooms of even size. Remove stems from mushrooms, chop stems finely. Peel onion, chop finely. Heat 15 g (1/2 oz.) butter in pan, add mushroom stems and onion, cook gently until mixture combines. Add finely chopped ham, breadcrumbs, basil, oregano and mustard, mix well, cook for another minute. Season with salt and pepper, remove from pan. Heat remaining butter in pan, add mushrooms, cook until lightly golden brown, toss constantly, remove from pan. Fill ham mixture into cavity of mushrooms. Mould filling in centre. Put stuffed mushrooms in baking tin, sprinkle with sieved cottage cheese. Bake, uncovered, in moderate oven until cheese turns golden brown, approximately 10 minutes.

Serves 4.

Approx. 800 kJ per serve.

CURRIED PRAWNS WITH YOGHURT



CURRIED PRAWNS WITH YOGHURT

30 g (1 oz.) butter	1 1/2 cups skim milk
2.5 cm (1 in.) piece green ginger	225 g carton non-fat natural
1 clove garlic	yoghurt
1 onion	500 g (1 lb.) prawns
2 teaspoons curry powder	1 tablespoon chopped parsley
2 tablespoons flour	salt, pepper

Melt butter, saute peeled and grated green ginger, crushed garlic and peeled and finely chopped onion until onion is transparent. Add flour and curry powder, stir until smooth. Add milk and yoghurt gradually, stirring until smooth; stir until boiling, reduce heat, simmer 10 minutes. Add shelled prawns and parsley, simmer further 2 minutes. Season with salt and pepper.

Serves 4 as a first course.

Approx. 750 kJ per serve.

FISH CREOLE

30 g (1 oz.) butter	470 g (15 oz.) can whole tomatoes
1 onion	1/2 cup water
2 cloves garlic	500 g (1 lb.) fish fillets
1 green pepper	salt, pepper
1 stick celery	

Saute finely chopped onion, crushed garlic, finely chopped green pepper and finely chopped celery in butter until onion is transparent. Add undrained mashed tomatoes and water, bring to boil, reduce heat, simmer 5 minutes. Skin fish, cut into large pieces, remove bones, add to pan, simmer further 10 minutes. Season with salt and pepper.

Serves 4.

Approx. 780 kJ per serve.

WINE-FISH WITH ASPARAGUS



WINE-FISH WITH ASPARAGUS

500 g (1 lb.) fish fillets, salt, pepper, 470 g (15 oz.) can asparagus spears, $\frac{1}{2}$ cup dry white wine, 1 tablespoon flour, chopped parsley.

Drain asparagus, reserve liquid. Skin and bone fillets, put in ovenproof dish, sprinkle with salt and pepper. Pour wine over fish, cover, bake in moderately slow oven 30 minutes; add drained asparagus for last 10 minutes of cooking. Transfer fish and asparagus to serving plate and strain liquid and reserve. Keep fish and asparagus warm. Add a little drained asparagus liquid to flour, stir until smooth. Add remaining asparagus liquid and liquid from fish, blend well. Stir over heat until sauce boils and thickens, reduce heat, simmer 3 minutes. Season with salt and pepper, pour sauce over fish. Sprinkle with chopped parsley.

Serves 4.

Approx. 616 kJ per serve.

FISH IN VERMOUTH

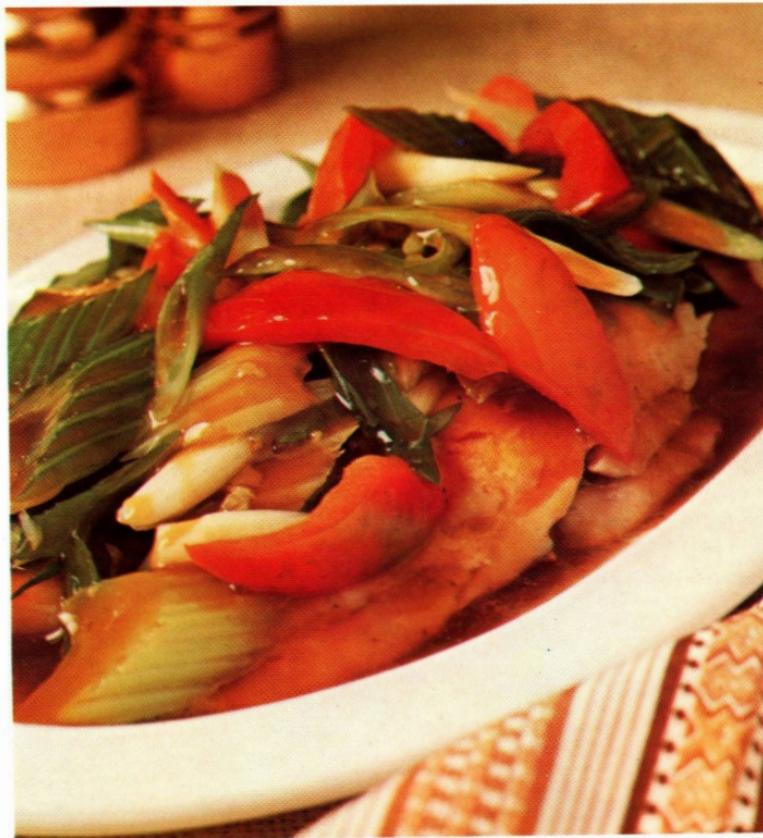
4 fish fillets, $1\frac{1}{4}$ cups water, $\frac{1}{4}$ cup dry vermouth, 60 g (2 oz.) butter, 4 shallots, 125 g (4 oz.) mushrooms, 1 tablespoon flour, $\frac{1}{4}$ teaspoon oregano, $\frac{1}{4}$ teaspoon basil, salt, pepper.

Skin and bone fillets. Combine water and vermouth in pan, add fish fillets, cover, simmer gently 5 minutes or until fish is cooked. Remove fish from pan; keep warm. Pour off liquid, reserve. Melt butter in pan, add finely chopped shallots and finely chopped mushrooms, cook until mushrooms are tender. Stir in flour, cook 1 minute; gradually add reserved liquid, stir until mixture boils. Add oregano, basil, salt and pepper, mix well, simmer 1 minute. Pour sauce over fish.

Serves 4.

Approx. 580 kJ per serve.

HONEY LEMON FISH



HONEY LEMON FISH

**4 bream fillets (approx. 125 g
(4 oz.) each)**

3 sticks celery

1 red pepper

6 shallots

15 g (½ oz.) butter

1 chicken stock cube

2 tablespoons water

Cut celery into thin diagonal slices; cut pepper into thin diagonal slices; slice shallots diagonally. Saute vegetables in butter 1 minute, add crumbled stock cube and water, simmer covered 2 minutes. Remove skin and bones from fish, put fish in pan with vegetables, add enough water to just cover, simmer covered 5 minutes. Drain and place on serving plate, spoon vegetables over fish, pour sauce over.

SAUCE

3 teaspoons cornflour

1 cup water

3 tablespoons lemon juice

1 tablespoon honey

1 tablespoon soy sauce

1 tablespoon dry sherry

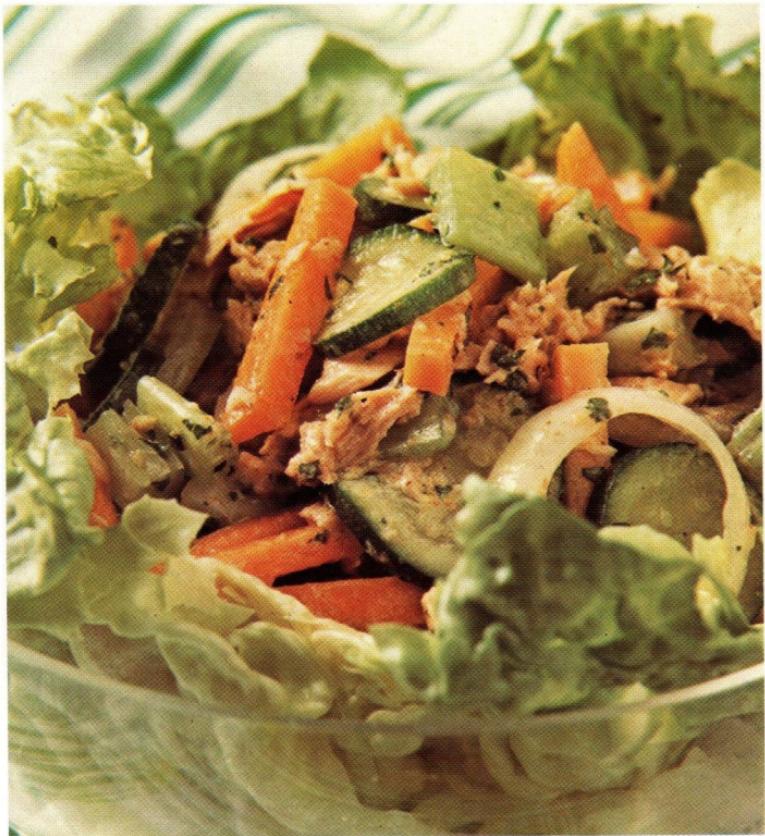
1 chicken stock cube

Mix cornflour to smooth paste with a little of the water, put in saucepan with remaining water, lemon juice, honey, soy sauce, dry sherry and crumbled stock cube. Stir over medium heat until sauce boils and thickens.

Serves 4.

Approx. 730 kJ per serve.

TUNA AND VEGETABLE SALAD



TUNA AND VEGETABLE SALAD

250 g (8 oz.) zucchini

4 sticks celery

250 g (8 oz.) carrots

1 onion

425 g can tuna

1 tablespoon chopped parsley

Slice zucchini; scrape carrots, cut into thin strips. Drop zucchini and carrots into boiling salted water, cook 1 minute, drain, run cold water over vegetables (this keeps their colour bright). Put drained tuna in bowl, add zucchini, carrots, chopped celery, peeled and sliced onion and parsley, mix well. Add dressing, toss lightly. Arrange salad over crisp lettuce. Refrigerate until ready to serve.

DRESSING

½ cup bottled low-calorie french dressing, 2 tablespoons natural yoghurt, 1 clove garlic, 2 teaspoons curry powder, salt, pepper.

Put dressing, yoghurt, crushed garlic, curry powder, salt and pepper into bowl, mix well.

Serves 4.

Approx. 1160 kJ per serve.

SALAD ENTREE

½ small lettuce, 1 large tomato, 6 radishes, 1 small cucumber, 2 red apples, 6 shallots, 2 sticks celery.

Wash lettuce, shred roughly; chop tomato into small cubes; wash radishes, slice thinly; cut unpeeled cucumber into small cubes; cut apples into quarters, remove cores, cut into small cubes; chop shallots; slice celery. Combine all salad ingredients in bowl, add dressing, toss well. Serve with melba toast.

THREE HERB DRESSING

½ cup bottled low-calorie french dressing, ½ teaspoon basil, ½ teaspoon thyme, 1 tablespoon chopped parsley.

Combine all ingredients in screw-top jar, shake well.

Serves 4.

Approx. 280 kJ per serve; 4 thin triangles melba toast, approx. 40 kJ extra.

FISH WITH CUCUMBER



FISH WITH CUCUMBER

4 bream (or other fish)	salt
2 small cucumbers	1 tablespoon lemon juice
125 g (4 oz.) button mushrooms	30 g (1 oz.) butter
½ cup dry white wine	

Peel cucumbers, slice thinly; slice mushrooms thinly. Layer half the mushrooms and cucumber slices in greased ovenproof dish, put fish on top. Season with salt and lemon juice. Top with remaining cucumber and mushroom slices. Pour wine over, dot with the butter. Cover, bake in moderate oven 30 minutes or until fish is tender.

Arrange fish with cucumber and mushrooms on serving plates. Drain liquid from pan into saucepan, bring to boil, boil rapidly. When liquid is reduced to a light glaze, pour over fish.

Serves 4.

Approx. 1000 kJ per serve.

Note: 750 g (1 ½ lb.) skinned, boned fish fillets can be used instead of whole fish; cooking time will be shorter.

SMOKED FISH WITH ASPARAGUS



SMOKED FISH WITH ASPARAGUS

1 kg (2 lb.) smoked cod or haddock	3 teaspoons curry powder
295 g can asparagus tips	1 1/4 cups skim milk
30 g (1 oz.) butter	salt
1 1/2 tablespoons flour	30 g (1 oz.) cheddar cheese

Cut fish into four pieces. Put into pan with enough water to just cover fish. Bring to boil, pour off water. This helps to remove any excess salt. Cover with fresh water, bring to boil, reduce heat, simmer uncovered 10 minutes, remove from pan and put on serving plate, keep warm. Melt butter, add flour and curry powder, stir until smooth, cook 1 minute. Remove pan from heat. Add milk gradually, stir until smooth, return to heat, stir until sauce boils and thickens, reduce heat, simmer 1 minute. Season lightly with salt. Arrange drained asparagus over fish, spoon sauce over asparagus, sprinkle grated cheese over sauce. Put under griller until lightly browned on top. If desired, serve with parsley rice (allow 1/2 cup cooked rice for each person and combine with 1 tablespoon chopped parsley).

Serves 4.

Approx. 1393 kJ per serve. Allow an extra 400 kJ per serve for rice.

VEAL AND CABBAGE ROLLS



VEAL AND CABBAGE ROLLS

6 whole cabbage leaves

2 veal steaks

125 g (4 oz.) mushrooms

1 carrot

1½ tablespoons oil

1 teaspoon soy sauce

½ teaspoon salt

½ teaspoon sugar

2 teaspoons water

1 cm (½ in.) piece green ginger

SAUCE

1 cup water

1 chicken stock cube

3 tablespoons skim milk

2 teaspoons cornflour

1 teaspoon soy sauce

salt, pepper

Put cabbage leaves in large saucepan of boiling water, cook 2 minutes; drain. Peel carrot, slice into very thin strips; remove stems from mushrooms, slice mushrooms thinly; cut veal into thin strips, approximately 5 cm × 5 mm (2 in. × ¼ in.). Combine soy sauce, salt, sugar, water and grated green ginger in bowl, add veal, mix well. Heat ½ tablespoon oil in pan, add carrots and mushrooms, cook quickly a few minutes, stirring constantly, remove from pan. Heat the remaining oil in pan, add veal, cook quickly until meat changes color, stirring constantly; add cooked vegetables, mix well, remove from pan.

Divide veal mixture evenly between cabbage leaves, roll up cabbage leaves, folding in sides. Heat water and crumbled stock cube in pan until boiling; pack cabbage rolls in tightly, simmer covered for 10 minutes. Transfer cabbage rolls to hot serving plate. Add combined skim milk, cornflour and soy sauce to pan, stir over heat until sauce boils and thickens; season with salt and pepper, pour over cabbage rolls.

Serves 3.

Approx. 600 kJ per serve.

GOLDEN CRUMBED CUTLETS



GOLDEN CRUMBED CUTLETS

8 lamb cutlets

½ cup packaged dry
breadcrumbs

2 tablespoons chopped parsley

4 shallots

½ teaspoon paprika
salt, pepper

Trim any excess fat from cutlets. Combine breadcrumbs, parsley, chopped shallots, paprika, salt and pepper. Dip cutlets in water, coat well with crumb mixture. Put cutlets under griller, cook slowly on both sides until golden brown (approximately 8 minutes on each side). Serve with Tomato Sauce.

TOMATO SAUCE

3 tablespoons tomato paste

¾ cup water

1 teaspoon cornflour

1 teaspoon oregano

salt, pepper

2 tablespoons chopped parsley

Mix cornflour until smooth with a little of the water. Put into saucepan with remaining water, tomato paste, oregano, salt and pepper. Stir until boiling, reduce heat, simmer 1 minute. Add parsley.

Serve 4.

Approx. 686 kJ per serve.

VEGETABLE ROLLS



VEGETABLE ROLLS

3 eggs	2 tablespoons water
1 carrot	1 chicken stock cube
2 sticks celery	salt, pepper
125 g (4 oz.) bean sprouts	1 tablespoon oil
15 g (1/2 oz.) dried mushrooms	chopped parsley

Cover mushrooms with boiling water, stand 15 minutes, drain, remove stems, slice mushrooms thinly. Peel carrot, slice into fine shreds, slice celery thinly, trim end of bean sprouts. Heat 2 teaspoons oil in pan, add mushrooms, carrot and celery, cook for 1 minute; add water and crumbled stock cube, cook for 2 minutes, stirring constantly; add bean sprouts, mix well, cook for another minute; remove from pan, season with salt and pepper, cool.

Lightly beat eggs. Heat 1/2 teaspoon oil in small frying pan, add quarter of beaten eggs, quickly swirl egg in pan to coat base of pan evenly. Loosen edges of egg pancake with spatula, turn and cook other side. Remove from pan. Fry three more pancakes with remaining egg and oil. Divide cooked vegetables evenly between pancakes, roll up firmly to cover filling, sprinkle with chopped parsley. Serve with a dipping sauce made by combining 1 tablespoon soy sauce with 1/4 teaspoon sesame oil and pepper.

Serves 2.

Approx. 900 kJ per serve.

CHILLI BEEF



CHILLI BEEF

750 g (1½ lb.) rump steak	3 teaspoons cornflour
1 egg-white	¾ cup water
1 tablespoon soy sauce	½ teaspoon chilli sauce, extra
½ teaspoon chilli sauce	1 tablespoon soy sauce, extra
3 onions	1 tablespoon oil
½ small cabbage	1 small red chilli
1 small red pepper	

Remove any fat from steak, cut steak into 5 cm × 2.5 cm (2 in. × 1 in.) slices. Put in bowl with egg-white, soy sauce and chilli sauce, marinate 1 hour. Heat large frying pan or wok, add roughly chopped cabbage, toss 1 minute. Add ½ cup water, bring to boil, reduce heat, simmer covered 5 minutes or until cooked. Arrange around edge of plate, keep warm. Heat oil in pan, add peeled and sliced onions, cook 1 minute, remove from pan. Drain meat, reserve marinade, add meat to pan, cook until lightly browned. Combine cornflour, remaining water, extra chilli sauce, extra soy sauce and reserved marinade, add to pan, stir until sauce boils and thickens. Reduce heat, add onion. Remove seeds from chilli; slice thinly, add to pan, toss well. Spoon meat into centre of plate, serve immediately.

Serves 4.

Approx. 1528 kJ per serve.

SWISS STEAK



SWISS STEAK

500 g (1 lb.) round steak	2 large onions
2 tablespoons oil	1/4 cup parsley sprigs
2 tablespoons flour	1 stick celery
470 g (15 oz.) can whole tomatoes	1 clove garlic
salt, pepper	

Put undrained tomatoes, salt and pepper into blender. Cover, blend on high speed 10 seconds. Add peeled and quartered onions, parsley, roughly chopped celery and garlic. Cover, blend on high speed 4 seconds. Heat oil in large frying pan. Trim any excess fat from meat, cut meat into 4 pieces, coat lightly with flour. Fry in hot oil until brown on both sides. Drain off any fat, add tomato mixture, cover, simmer 45 minutes or until meat is tender, stirring occasionally.

Serves 4.

Approx. 1500 kJ per serve.

CRUMBED CHOPS WITH HERBS



CRUMBED CHOPS WITH HERBS

4 veal chops	2 teaspoons flour
8 crispbread	1 beef stock cube
1 egg	1 tablespoon chopped chives
45 g (1½ oz.) butter	2 tablespoons chopped parsley
1 cup water	½ teaspoon basil

Crush biscuits finely; dip veal chops in lightly beaten egg, then coat in crushed biscuits. Melt 30 g (1 oz.) of the butter in pan, add chops, brown evenly on both sides, approximately 2 minutes on each side. Transfer chops to an oven tray lined with aluminium foil, bake in moderate oven 20 minutes or until chops are cooked; keep warm. Melt remaining butter in pan, stir in flour, cook 1 minute, gradually stir in water, add crumbled stock cube. Add parsley, chives and basil, cook 1 minute, spoon over chops.

Serves 4.

Approx. 1200 kJ per serve.

VEAL WITH VEGETABLES



VEAL WITH VEGETABLES

6 veal steaks	4 shallots
flour	1 small clove garlic
2 tablespoons oil	1 zucchini
15 g (1/2 oz.) butter	1/4 red pepper
30 g (1 oz.) cheddar cheese	salt, pepper
1 tablespoon chopped parsley	15 g (1/2 oz.) butter, extra
1 tomato	1/2 teaspoon basil
90 g (3 oz.) mushrooms	

Pound veal steaks out thinly, dust lightly with flour. Heat oil and butter in frying pan, add veal steaks, cook until golden brown on both sides and cooked through; remove from pan, keep warm. Peel tomato, cut into 2.5 cm (1 in.) pieces; slice mushrooms and zucchini. Seed pepper, cut into 2.5 cm (1 in.) pieces. Chop shallots. Melt extra butter in pan, add mushrooms, shallots, crushed garlic, zucchini and pepper, toss in pan 1 minute. Add tomato, salt, pepper and basil, cover, simmer gently approximately 3 minutes. Do not overcook vegetables. Spoon vegetables over veal steaks, sprinkle with grated cheese, place in moderate oven 5 minutes or until cheese has melted. Sprinkle with chopped parsley.

Serves 6.

Approx. 900 kJ per serve.

GARLIC PINEAPPLE CHICKEN



GARLIC PINEAPPLE CHICKEN

4 Chicken Maryland pieces (leg and thigh), 2 tablespoons soy sauce, 1 tablespoon lemon juice, 1 tablespoon oil, $\frac{1}{2}$ teaspoon curry powder, 1 teaspoon grated green ginger, 2 cloves garlic, salt, pepper, 440 g can unsweetened pineapple slices.

Drain pineapple, reserve $\frac{1}{4}$ cup juice. Put chicken pieces into bowl. Combine soy sauce, lemon juice, oil, curry powder, ginger, crushed garlic, salt, pepper and reserved pineapple juice; mix well. Pour mixture over chicken, leave to stand 2 hours. Put chicken and marinade in baking pan, bake uncovered in moderate oven 1 hour or until golden brown and cooked through; baste chicken frequently with marinade. Just before serving, grill pineapple slices 2 minutes on each side. Serve with chicken.

Serves 4.

Approx. 690 kJ per serve.

SPINACH SLICE

2 x 250 g (8 oz.) pkts frozen spinach, 2 sticks celery, 1 onion, 250 g (8 oz.) creamed cottage cheese, 1 egg, salt, pepper, 4 crispbread.

Thaw spinach, put in a bowl with peeled and finely chopped onion, finely sliced celery and cottage cheese, mix well. Add egg, season with salt and pepper, mix until well combined. Place mixture into greased 28 cm x 18 cm (11 in. x 7 in.) lamington tin. Crush biscuits finely, sprinkle over top of slice. Bake in moderate oven 25 minutes or until slice is set.

Serve 4.

Approx. 620 kJ per serve.

CHICKEN SHASLIKS



CHICKEN SHASLIKS

3 chicken breasts	⅔ cup water
2 small onions	¼ cup lemon juice
1 large red pepper	1 chicken stock cube
15 g (½ oz.) butter	salt, pepper
1 clove garlic	2 teaspoons cornflour
¼ teaspoon grated green ginger	2 teaspoons soy sauce
1½ tablespoons sugar	

Remove chicken meat from bones, giving six individual pieces; remove skin. Cut meat into 2.5 cm (1 in.) pieces. Peel onions, cut into quarters, separate onion layers. Remove seeds from pepper, cut into 2.5 cm (1 in.) pieces. Thread chicken, onion and red pepper on skewers. Heat butter in pan, add ginger and crushed garlic, stir over gentle heat 1 minute. Add combined sugar, water, lemon juice, crumbled stock cube, salt, pepper, cornflour and soy sauce, stir over heat until sauce boils and thickens. Place shasliks under heated grill, brush with sauce. Cook shasliks, turning occasionally; brush frequently with sauce. Serve remaining sauce separately. Serve with hot rice; allow ½ cup cooked rice per person and combine with 1 tablespoon chopped parsley.

Serves 4.

Approx. 1300 kJ per serve.

Allow an extra 400 kJ per serve for rice.

CHICKEN WITH LEMON SAUCE



CHICKEN WITH LEMON SAUCE

3 whole chicken breasts, 1 egg-white, $\frac{1}{4}$ cup plain flour, $1\frac{1}{2}$ tablespoons oil, 1 cm ($\frac{1}{2}$ in.) piece grated green ginger, 1 teaspoon salt, 1 teaspoon sugar, 2 teaspoons dry sherry, 2 tablespoons water, pepper.

Remove skin from chicken breasts. With sharp knife, gently remove chicken meat from each half of each breast, giving six pieces. Cut each piece across twice to give three pieces from each. Combine chicken pieces with ginger, salt, sugar, dry sherry, water and pepper, mix well, stand 30 minutes. Add egg-white to chicken, mix well; coat each piece lightly with flour. Heat oil in pan, gently fry chicken until golden brown and cooked through. Place chicken on serving plate, pour sauce over. Serve with Chinese Vegetables.

LEMON SAUCE

$\frac{1}{4}$ cup lemon juice, 1 tablespoon sugar, $\frac{3}{4}$ cup chicken stock, 2 teaspoons cornflour, 2 shallots.

Combine all ingredients, except shallots, in small saucepan, stir over low heat until sauce boils and thickens. Add chopped shallots, cook for another one minute.

Serves 4.

Approx. 1200 kJ per serve.

CHINESE VEGETABLES

250 g (8 oz.) broccoli, 2 sticks celery, 1 onion, 2 teaspoons oil, salt.

Cut broccoli into thick pieces, parboil in boiling salted water for 3 minutes, drain. Slice celery diagonally, peel and slice onion. Heat oil in pan, add vegetables and salt, cook for 3 minutes, stirring well.

Serves 4.

Approx. 100 kJ per serve.

CITRUS DESSERT

2 large grapefruit

3 large oranges

2 Kiwi fruit

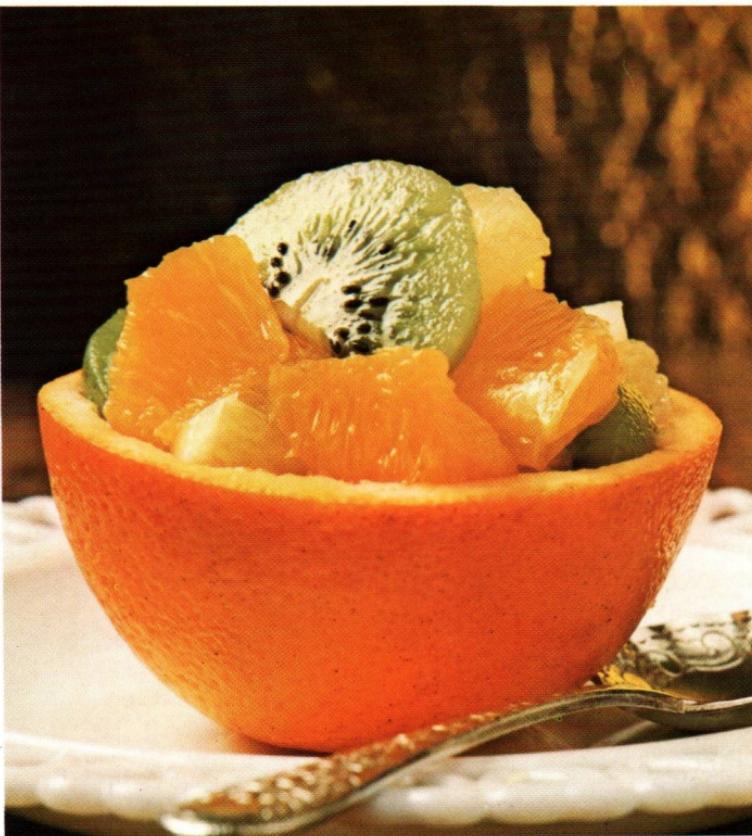
1 teaspoon sugar

1 tablespoon Grand Marnier or
Cointreau

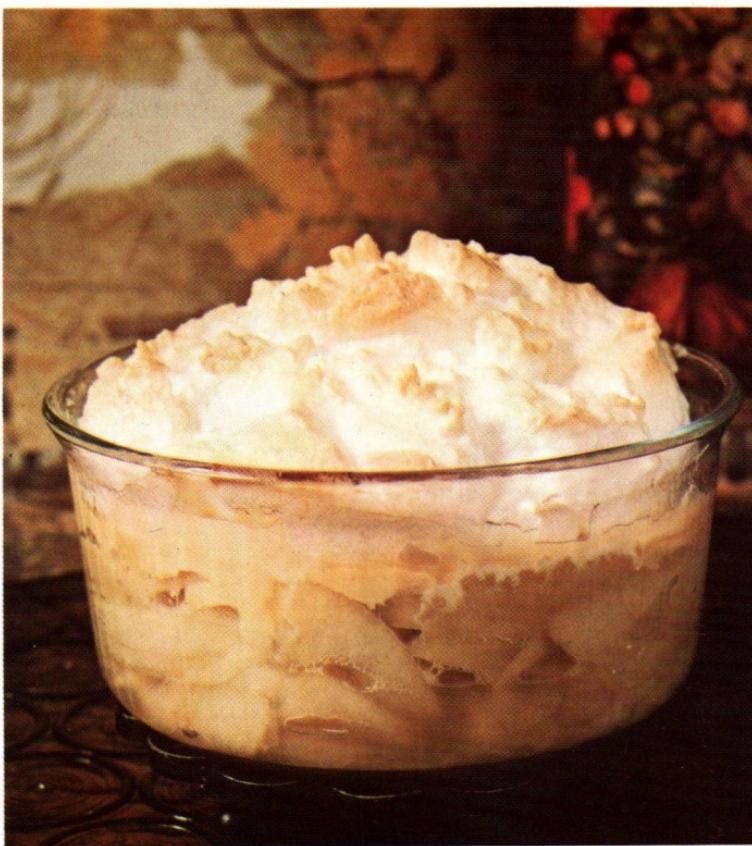
Peel grapefruit and one orange, removing all white pith and membrane. Break into segments, cut each segment in half. Cut remaining two oranges in half horizontally (reserve these four orange halves for serving), remove the orange segments. Combine all fruit in bowl. Add sugar and Grand Marnier to bowl and refrigerate until ready to serve. Peel Kiwi fruit, slice, cut each slice in half. Add Kiwi fruit to bowl, mix through lightly. Spoon fruit into reserved orange shells.

Serves 4.

Approx. 595 kJ per serve.



APPLE MERINGUE CUSTARD



APPLE MERINGUE CUSTARD

3 cooking apples	1 tablespoon lemon juice
1 tablespoon sugar	2 tablespoons water
1 teaspoon grated lemon rind	

Peel and core apples, slice thinly, put into saucepan with water, sugar, lemon rind and juice. Bring to boil, reduce heat, simmer covered 10 minutes or until pulpy. Spoon apple mixture into ovenproof dish. Spoon custard evenly over apple mixture, then spoon meringue on top of custard. Bake in moderate oven 7 to 10 minutes or until light golden brown.

CUSTARD

½ cup water	1 tablespoon sugar
2 tablespoons skim milk powder	1 teaspoon vanilla
1 tablespoon cornflour	

Mix skim milk powder and cornflour to a smooth paste with water, add sugar and vanilla. Stir over medium heat until custard boils and thickens, reduce heat, simmer 1 minute.

MERINGUE

2 egg-whites	2 tablespoons sugar
1 tablespoon water	

Put egg-whites and water in small bowl of electric mixer, beat until firm peaks form, add sugar, beat until dissolved.

Serves 4.

Approx. 590 kJ per serve.

CINNAMON PEACH CRUMBLE



CINNAMON PEACH CRUMBLE

805 g can unsweetened peach slices	½ cup sultanas
1 tablespoon cornflour	1 tablespoon butter
2 teaspoons cinnamon	1 tablespoon honey
	1½ cups cornflakes

Drain peaches, put peach syrup and cornflour into saucepan, add cinnamon, stir until smooth. Put over medium heat, stir until syrup boils and thickens, reduce heat, simmer 1 minute. Add peaches and sultanas, combine well. Spoon peach mixture into ovenproof dish. Put butter and honey in saucepan, stir over medium heat until butter has melted, add lightly crushed cornflakes, combine well. Spoon cornflake mixture evenly over peach mixture. Bake in moderate oven 20 to 25 minutes or until crisp on top.

Serves 4.

Approx. 745 kJ per serve.

ROCKMELON MOUSSE

1 rockmelon	½ cup orange juice
¼ cup sugar	3 teaspoons gelatine
½ cup water	

Cut rockmelon in half, remove seeds and skin, chop rockmelon roughly. Sprinkle gelatine over water, dissolve over hot water. Put rockmelon, gelatine, sugar and orange juice in blender, blend until smooth and frothy. Pour mousse into one large dish or four individual dishes. Refrigerate until mousse is partially set, stir and then refrigerate until set. If desired, before serving top with yoghurt and passionfruit pulp.

Serve 4.

Approx. 345 kJ per serve.

LIQUEUR ICE WITH ORANGES



LIQUEUR ICE WITH ORANGES

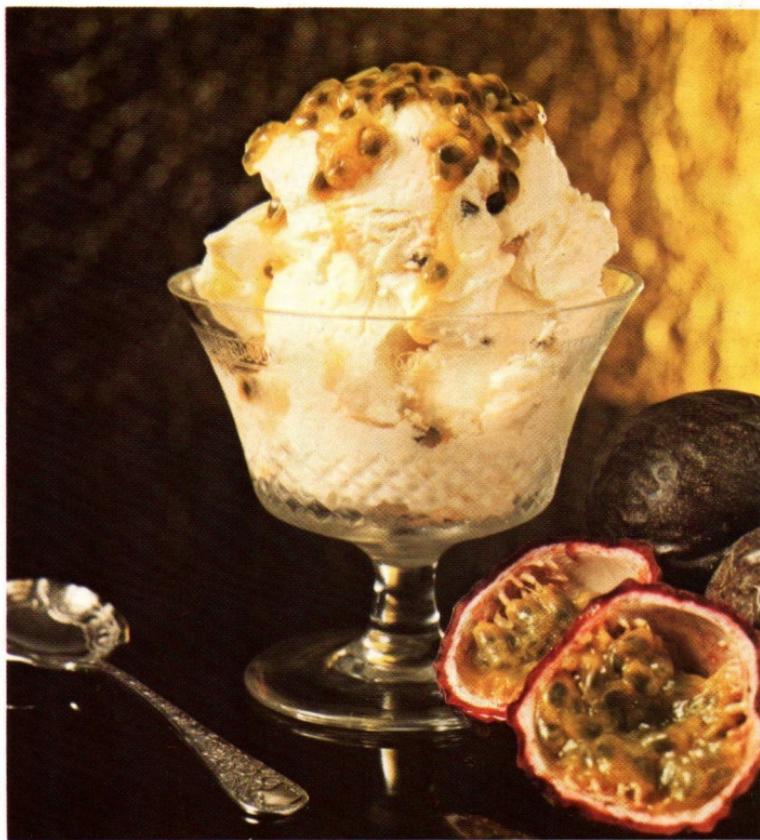
2 cups orange juice	2 egg-whites
1 tablespoon Grand Marnier or	2 oranges
Cointreau	1 tablespoon Grand Marnier, extra
1 tablespoon sugar	

Place orange juice, Grand Marnier and sugar into bowl, stir until sugar is dissolved. Pour liquid into freezer tray. Freeze until firm. When frozen, remove from freezer and scoop ice into large bowl of electric mixer, beat on medium speed until soft and mushy. Beat egg-whites until soft peaks form, fold into ice. Return mixture to freezer tray and refreeze, stirring occasionally. Remove rind and all white pith from oranges, cut oranges into thin rounds. Place orange slices and extra Grand Marnier into bowl, cover and refrigerate until ready to serve. To serve, run a fork through ice until well flaked, spoon into glasses, top with orange slices.

Serves 6.

Approx. 370 kJ per serve.

YOGHURT AND PASSIONFRUIT ICE-CREAM



YOGHURT AND PASSIONFRUIT ICE-CREAM

2 x 200 g cartons non-fat skim milk natural yoghurt	1 tablespoon water
2 tablespoons honey	2 passionfruit
2 teaspoons gelatine	2 egg-whites

Combine in blender yoghurt and honey, blend until well combined. Sprinkle gelatine over water, dissolve over hot water, cool. Add gelatine to yoghurt mixture, blend until combined well. Pour yoghurt mixture into freezer tray, freeze until firm. Put yoghurt mixture into small bowl of electric mixer, beat until mixture becomes thick and doubles in bulk. Fold passionfruit pulp and firmly beaten egg-whites lightly into yoghurt mixture, mix well. Pour ice-cream back into freezer tray, freeze until firm. Serve by itself or with unsweetened canned fruit, topped, if desired, with a little extra passionfruit pulp.

Serves 6.

Approx. 284 kJ per serve.

LEMON ICE-CREAM

2½ teaspoons gelatine	2 cups water, extra
1 tablespoon water	2 teaspoons vanilla
2 cups skim milk powder	3 tablespoons lemon juice
¼ cup sugar	4 passionfruit

Sprinkle gelatine over 1 tablespoon water, dissolve over hot water, cool. Combine milk powder, sugar, extra water and vanilla in bowl, beat until milk powder has dissolved; add gelatine, beat well. Pour mixture into freezer tray, freeze until set. When set, put mixture into large bowl of electric mixer, beat until doubled in bulk, add lemon juice. Pour into freezer trays, freeze until firm. To serve, spoon into serving glasses, spoon passionfruit pulp over.

Serves 8.

Approx. 300 kJ per serve.